Research Paper

Implication of Ethics, Morals, Values and Positive Thinking to Develop Human Character

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Abstracts: *Some people believe that moral or ethical values are inborn. Most people believe that ethical/moral values are learned. This means that moral or ethical values are not something that we are born with, but something that we acquire through our experiences and interactions with others by learning process. Society has an impact on character development, responsiveness, and resilience. Morals, ethics and values are the foundation stones for a healthy and peaceful society that lead to a peaceful and prosperous country and finally make our world a better place to live in. Actually, we learn from childhood, how to share, how to be become faithful, and how to care for others. We continue to learn new ethical/moral values from childhood and from our families, our friends, and our wider community as we grew. Today, we also learn about different values through the media, television, books, films, religion, culture, etc. The larger society has an impact on character development, responsiveness, and resilience. The income level, education level, culture, national ideology, mass media, and other factors all play a role in the development of an individual's value system. We should take care of each individual's physical, intellectual, and moral development. It's is an analytical research/review paper on the basis of popular thought, literatures, divine scripture, and combination of primary and secondary principal and facts to depict the implication of ethics, morals, values and positive thinking to develop human character.*

Key Words: *Ethics, morals, values, honesty, responsibility, fairness, compassion,*

I.   Introduction

Ethics means moral principles. Ethics is the rules of conduct recognized in respect to a particular class of human actions or a particular group, or culture. Ethics is the branch of philosophy dealing with values relating to human conduct, with respect to the rightness and wrongness of certain actions and to the goodness and badness of the motives and ends of such actions.

[1] Morality may define as personal values, character, or conduct of individuals or groups within communities and societies, whereas ethics is the formal study of morality from a wide range of perspectives.[2]The word Value comes from the Latin word Valere, which means to be valuable.Value is a numerical quantity that is assigned or is determined by calculation or measurement.Value is the relation of one part in a picture to another with respect to lightness and darkness.[3]In economics, the term 'value' found its way into ethics. Values are acquired through knowledge, awareness, experience, or the socialization process. These norm, ideas, or beliefs are dear to us, and we decide what is right and what is wrong based on them.[4] Values are principles, standards, or characteristics that are thought to be worthwhile or desirable. Good values lead to good thoughts, which in turn lead to good behavior.[5] Ethical values are a set of moral guiding principles that determine how an organization conducts its operation or activities. These principles seek to serve and protect others above the organization's self-interest. Beyond fulfilling legal obligations, moral values in business or service show strong moral character from leaders and employees.[6] Those principles may include Honesty, Integrity, Fairness, Kindness, Leadership, Accountability, Responsibility, Teamwork, Charity, Loyalty, Judgment, Equity, Balance, Respect, Affectionate, Courage, etc.[7]

Morals and values are important in every aspect of life, when we have to make a choice between two things, wherein morals determine what is right, values determine what is important.[8]Individual beliefs is also part of values that motivate people to act one way or another and serve as guides for behavior considered right and wrong. People tend to adopt the values with which they were raised and believe those values are right because they are the values of their culture. Some personal values are considered sanctified and moral

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imperatives based on an individual's religious beliefs.[9] Basic human values refer to those values which are at the core of being human. The values which are considered basic inherent values in humans include truth, honesty, loyalty, love, peace, happiness, etc. because they bring out the fundamental goodness of human beings and society at large.[10] Human Values is very important for everybody to develop himself as a good human. Human Values provides understanding of the attitudes, motivation and behaviors. It influences our perception of the world around us.[11]Human values are those that enable man to live in harmony with the rest of the world. Human values are the deepest moral aspirations of humanity, and they are the foundation of our lives as individuals and societies.[12] We must be fair in our dealings with other people, particularly when we are mediating a dispute. It is religious norm and important to be impartial and not take sides.[13]This is an analytical paper on the basis of popular thought, literatures, divine scripture, and combination of primary and secondary information to narrate the significance of ethics, morals, values and positive thinking to develop human character.

Ethical/Moral values and Development of Human Character

Ethical/Moral values clearly separate what is right from wrong and they are the foundation of character, because they govern the way people think and behave. In general, moral principles are considered universal, because people from all over the world agree with and uphold them. For example, ownership is a moral value that is accepted universally.[14] People all over the world regard their possessions as important and valuable. They protect and guard their belongings from harm and theft. When we respect the possessions of others by asking permission to touch, use, or borrow we are making a moral or right choice. Stealing, robbery, vandalizing and destroying property are immoral or wrong choices. Even briefly using an object that belongs to someone else, without asking first, may lead to conflict.[15]Three basic categories of morality are:behavior and attitude towards all life, [16] Behavior and attitude towards possessions and property, [17] behavior and attitude towards the environment.[18]

Ethical/Moral values set boundaries that help an individual demonstrate appropriate behavior towards self and others. When a person has moral values, he/she tries to distinguish between right and wrong and make choices that are respectful and thoughtful of all life and the environment. This results in more peaceful relationships with others. Our character is a combination of the moral values that we have been taught, as well as values that include work ethics, education, hobbies, etc. In addition to values, our interactions with others and their influences have also helped to mold and shape our character, making us into the person we are today.[19] Moral values are important because they help us to make the right choices in life. They also teach us how to treat other people with respect and how to behave in a way that is acceptable in community or society. Moral values are also important because they help us to develop a strong sense of right and wrong.[20] They can also help us to develop empathy for others and to understand the consequences of our actions. From childhood, we learn how to share, how to be truthful, and how to care for others. As we grow older, we continue to learn new moral values from our families, our friends, and our wider community.[21] We also learn about moral values through the media, such as television, books, religious scripture, literature, culture, and films.[22]However, some people believe that ethical values are innate. This means that they are something that we are born with and that we do not need to learn them. Instead, our ethical values are determined by our genes or our biology. Most experts believe that ethical values are primarily learned. This means that our experiences and interactions with others play a significant role in shaping our ethical values.[23]

Family and Moral Values

The role of the family and society in the development of a child's ethical and moral values is critical. Parents and children have a close relationship, which influences the child's personality. Values are built on the foundation of the family. Ethical/Moral values such as honesty, happiness, fairness, respect, affectionate, peace, equity, and justice are instilled in the thoughts, feelings, and actions of children, and they serve as ideals and standards that guide their actions in life. If young family members are taught those moral values in a systematic manner, the value system practiced in the family becomes automatic to them.[24] The family shapes a child's attitude toward people and society, assists in mental development, and supports the child's goals and values. The development of love, respect, affection, tolerance, justice, and generosity in the family will be aided by a happy and joyful atmosphere. A child learns to behave by imitating what he sees in his environment. Family plays an important role in helping a child socialize and has a significant impact on the child's development. The presence of elders in the family, as well as the joint family system, plays an important role in the social and moral development of children. It will also assist the family's younger generations in imbibing human values and overcoming negative mental tendencies when they are with their elders.

Children identify with their parents and other family elders, adopting them as personal role models to emulate and imitate. Because they spend the majority of their adolescence with their parents, behavioral problems can only be corrected by family involvement in the child's life. Family is the first social organization

from which a child can learn his behavior because of its close proximity. A child's emotional and physical foundation is defined by the social standards and customs defined by his or her family. The values that a family instils in its children form the foundation for how they learn, grow, and function in the world. These beliefs influence how a child grows up and develops into an individual in society. These values and morals guide an individual's actions at all times. Because of the values taught and given by his family members, children grow up to be good people.[25] Family values are ideas passed down from generation to generation. The family's customs and traditions lead to a disciplined and organized way of life.

Important Ethical/Moral Values We Should Learn

Ethical/moral values hold great significance as they guide us in making the right choices in life. They teach us how to treat others with respect and how to conduct ourselves in a manner that is socially acceptable. Ethical/Moral values are equally important as they help us develop a strong sense of right and wrong.[26]It is crucial for us to explore our individual potential and cultivate discipline, both at an individual and group level.[27] Additionally, we have the responsibility to shape people's opinions, beliefs, norms, morals, and ideals. Instilling values such as hard work, honesty, tolerance, national integration, secularism, justice, kindness, and responsibility is essential, while rejecting negative values like dowry,[28] biting[29], cheating[30], illicit relation[31], religious grouping/sub-grouping, communalism[32], alcoholism[33], and drug addiction[34]. By disregarding social tensions, unrest, prejudices, and other divisive factors, we can strive to improve the quality of life and ensure justice and equality for marginalized individuals.[35] Let's discuss human values and sub-values, including right conduct, peace, truth, manners, patience, truthfulness, awareness, concentration, honesty, responsibility, positivism, fairness, independence, self-acceptance, trust, perseverance, self-discipline, reflection, courage, contentment, determination, love, non-violence, kindness, consideration, forgiveness, stewardship, generosity, justice, compassion, respect, tolerance, cooperation, service, and harmlessness. While some argue that moral values are determined by our genes or biology, most experts believe that they are primarily learned. Our experiences and interactions with others play a significant role in shaping our moral values.[36] Regardless, there are certain important moral values that we believe everyone should learn in order to reach their full potential, find happiness, peace, and contribute positively to society. Practicing these moral values in our daily lives is crucial for our personal progress, well-being, and success.

Honesty. Honesty stands out as a fundamental moral value that holds immense importance. It entails being truthful and just in all our interactions with others. Honesty also involves the willingness to acknowledge our mistakes. Terms like reputability and trustworthiness are associated with possessing an honest character. Being accountable, reliable, dependable, and conscientious[37] demonstrates honesty regarding our future conduct, loyalties, and commitments. Failing to take responsibility for a mistake can have significant consequences, particularly for those in subordinate positions at work. If a cashier or waiter unintentionally gives back too much money or forgets to charge for a purchase, it is always advisable to inform them about the error. Taking advantage of someone else's mistake is dishonest and can lead to unfavorable outcomes. Moreover, they may have to bear the consequences later on. [38]

Integrity. Integrity is the discipline of being truthful and demonstrating a steadfast and unwavering adherence to high moral and ethical standards. Integrity is defined in ethics as being honest, true, or accurate in one's activities. Hypocrisy[39] can be opposed by integrity. Integrity is the trait of being trustworthy and possessing high moral standards. When we are honest, we act morally even when no one is watching. [40] Giving credit to someone whose work we may have claimed is a terrific illustration of integrity. Nevertheless, a leader of integrity would willingly recognize and attribute the accomplishments to the individuals who contributed to the work, ensuring they receive the rightful recognition they deserve.[41]

Respect. Respect, also known as esteem, encompasses a positive sentiment or behavior demonstrated towards someone or something that holds significance or is regarded highly. It reflects an appreciation for commendable or valuable qualities. Moreover, respect involves the act of honoring individuals by demonstrating care, concern, or consideration for their needs and feelings.[42],[43] Treating others with courtesy and consideration is at the core of respect. It entails respecting their possessions, privacy, as well as their perspectives and beliefs. When we hold respect for someone, we treat them with dignity and thoughtfulness, making sure not to engage in actions that might cause harm or offense. A profound way to exhibit respect is by attentively listening to others, providing them with our undivided attention and refraining from interrupting them. Additionally, respect may extend to displaying reverence towards specific segments of society, such as our elders. In many cultures, it is customary to avoid addressing someone by their first name unless granted permission to do so, as a sign of politeness.[44]

Responsibility. Responsibility means being responsible, being reliable, and being dependable. It encompasses being accountable for our actions and taking ownership of our mistakes. Responsibility, within the realm of the law, may pertain to a legal obligation. It also involves assessing one's mental capacity to determine the level of accountability for a crime.[45] When we embody responsibility, we can be trusted to fulfill our commitments and follow through on our promises. We exhibit caution and consideration in our interactions with others, ensuring that we do not cause them any harm. A responsible individual adheres to regulations, such as obeying speed limits and refraining from littering. They also take care of their possessions and refrain from borrowing things without obtaining permission.[46]

Caring. Caring within intimate relationships entails offering care and support to one's partner. Effective caregiving requires a significant level of responsibility and the allocation of cognitive, emotional, and tangible resources. Caregivers must possess adequate motivation to provide responsive support to their partner.[47] Caring encompasses acts of kindness and displaying concern for others. It involves being helpful and considerate, with the intention of wanting what is best for the other person. Demonstrating care can take various forms, such as cooking for them, assisting with their tasks, or simply spending quality time together. Caring also entails being empathetic; this means understanding and sharing the feelings of another person. This empathetic ability proves valuable in providing solace and support to someone experiencing challenging circumstances.[48]

Cooperation. Cooperation is the collaborative process through which the components of a system harmoniously interact to attain overarching properties. It involves individual elements, initially perceived as self-centered and independent, working together to form a complex and integrated system that exceeds the mere sum of its parts.[49] Cooperation entails the collective effort towards a shared objective. It encompasses the willingness to compromise and prioritize the interests of others over our own. When we cooperate with others, we choose collaboration over opposition, fostering a spirit of teamwork. We are also willing to make personal sacrifices for the benefit of the collective. For instance, we might opt to collaborate on a project with a colleague instead of socializing with friends. In a cooperative society, conflicts can be resolved without resorting to violence,[50] as collective problem-solving becomes the norm.

Courage. Courage entails the ability to take action despite experiencing fear. It encompasses the strength to uphold our beliefs and persevere, even in the face of daunting circumstances. Moral courage specifically refers to acting in accordance with what is right, despite facing opposition from the majority.[51] Being courageous does not imply the absence of fear, but rather the ability to confront our fears and act in alignment with our values. An exemplar of courage would be intervening in a bullying situation, even when intimidated by the bully. It also encompasses being the first to raise a voice against injustice, even when others are hesitant to do so. Courage has sparked transformative movements throughout history, such as the Civil Rights Era in the USA, protests in Tiananmen Square, the Arab Spring, and the Liberation War in Bangladesh.[52]

Loyalty. In law and political science, loyalty is defined as an individual's faithfulness to a nation, either their country of origin or their chosen homeland as pledged through an oath. According to Royce, loyalty is not only a virtue but a fundamental virtue, serving as the essence of all virtues and the central obligation among all duties.[53] Loyalty entails demonstrating unwavering and steadfast support for someone or something. When we are loyal to someone, we stand by them steadfastly, even during challenging times.[54] Marriage vows, for example, include a commitment of loyalty to our spouse, promising to support them through sickness and health. Loyalty can extend to our family, friends, or country. A person who is loyal to their country would never engage in espionage for another nation, regardless of the temptations of financial gain. Loyalty to an organization is often exhibited by sports fans who continue to cheer for their team, regardless of the outcome.[55]

Self-Control. Self-control, a facet of inhibitory control, refers to the capacity to manage and regulate one's emotions, thoughts, and actions when faced with temptations and impulses. It is often likened to a muscle that can be developed and strengthened. Research suggests that self-regulation, whether in the realm of emotions or behaviors, is a finite resource that operates akin to energy.[56] Self-control encompasses the ability to govern our emotions and urges effectively. This entails resisting temptations and making responsible decisions. When we possess self-control, we possess mastery over our lives and are not governed by our emotions alone. Furthermore, we are capable of resisting temptations and making choices that serve our own well-being and that of those around us.[57] The acquisition of self-control acts as a preventive measure, discouraging actions ranging from simple indulgences like overeating to more serious transgressions such as sexual assault. It helps foster an understanding and respect for the concept of consent, where 'no' unequivocally means 'no'. The Bible and the Quran contain numerous teachings on the subject of self-control.

Work Ethic. The concept of work ethic encompasses the belief that work and diligence hold moral significance and possess inherent virtues that contribute to the development of character and individual abilities. It encompasses a set of moral principles that individuals apply to their professional endeavors. Those with a strong work ethic adhere to specific principles that shape their work-related conduct, ultimately leading to the consistent production of high-quality work. The output motivates them to stay on track.[58] A robust work ethic entails a willingness to exert effort and strive for excellence. It involves traits such as punctuality, responsibility, and reliability. When we possess a strong work ethic, we can be relied upon to perform our duties diligently and effectively. Our work ethic holds significance not only in our professional lives but also in our personal lives. It ranks among the most essential moral values to uphold in the workplace. Neglecting our responsibilities at work can negatively impact our colleagues and result in a decline in overall productivity. [59]

Perseverance. Perseveration, as understood in the fields of psychology, psychiatry, and speech-language pathology, refers to the repetitive nature of a specific response. In a broader context, it encompasses various non-functional behaviors that arise from a failure of the brain to inhibit repeated actions or to transition to alternative behaviors as expected. This includes difficulties in shifting focus or switching tasks within social and other contexts.[60] Perseverance, on the other hand, denotes the ability to persist and continue striving even in the face of adversity. It involves displaying unwavering determination and refusing to give up. When you persevere, you don't let obstacles get in your way.[61] For instance, an exemplary display of perseverance is evident when someone loses a limb but refuses to surrender to the challenge, instead adapting to live a fulfilling life without it. We can witness examples of perseverance in professional runners who continue to compete and excel, even after the loss of one or both legs, as demonstrated in events like the Paralympics. [62]

Humility. Humility is the characteristic of possessing a modest and unpretentious attitude. It reflects an appropriate sense of self-awareness and is distinct from the experience of humiliation, which involves an external imposition of shame upon an individual. [63] Embracing humility can lead to personal growth and achievement. It entails recognizing one's limitations and refraining from considering oneself superior to others. A humble individual is open to both praise and criticism, demonstrating an acceptance of feedback. An illustration of humility can be observed when someone is assigned a task that may be beneath their skill level. A humble person would willingly undertake the task without hesitation and might even express gratitude for the opportunity to contribute. They would refrain from boasting or exhibiting arrogance based on their wealth, educational attainment, or professional status. [64] For instance, possessing a Master's degree would never lead a humble person to look down upon someone who did not complete high school, as they recognize that academic achievements do not define a person's intellect or worth. [65]

Compassion. Compassion involves experiencing a genuine concern for others and serves as a foundation for empathy. It drives individuals to make extra efforts to alleviate the physical, mental, or emotional suffering of both themselves and others. [66] Compassion entails the capacity to care for others and empathize with their circumstances. It encompasses acts of kindness and understanding. When we possess compassion, we are compelled to assist those who are experiencing hardship. Given the constant flux of the world, which includes numerous tragic events, many compassionate individuals contribute their resources, whether in the form of monetary donations or volunteering their time, to organizations such as Habitat for Humanity or The Red Cross. Others may choose to engage in volunteer work at soup kitchens or homeless shelters. Additionally, some people demonstrate compassion by being a supportive and attentive listener for a friend in need. [67]

Forgiveness. Forgiveness is the capacity to release anger and resentment. It encompasses the ability to forgive both ourselves and others. When we practice forgiveness, we choose not to harbor grudges. It is natural to experience feelings of anger and resentment when someone has wronged us, but clinging to these negative emotions ultimately harms us. [68] Learning to forgive is crucial for our personal growth and well-being, as it allows us to move forward in life. Forgiveness does not necessitate forming a close relationship with the person who hurt us, but it does require us to let go of the anger and resentment we hold. Holding onto anger can have detrimental effects on our physical and mental health. [69]

Gratitude. Gratitude is the quality of expressing appreciation and acknowledging kindness. [70] When we possess gratitude, we recognize that everything we encounter is either a blessing or an opportunity for growth. Showing gratitude and being appreciative not only demonstrates good moral character towards others, but it also has internal benefits for us. When we are grateful for even the smallest things in life, it can enhance our happiness and cultivate a positive outlook. Surprisingly, gratitude includes being thankful for both the good and the challenging aspects of our lives. There is a well-known saying that 'rejection is God's protection,' suggesting

that not getting a particular job or being accepted by a potential partner may be an indication that something better awaits us.[71]

Cleanliness.   There is a widely known saying, "Cleanliness is close to Godliness," and there is truth in this statement. When we maintain cleanliness, it reflects our self-respect and respect for others. It also signifies that we prioritize our health and well-being and do not pose a risk of spreading diseases. Keeping our surroundings clean is equally important. A clean home or workplace indicates our ability to care for ourselves and create an inviting environment for others.[72] Conversely, when someone knowingly resides in an unclean or cluttered space, it can indicate a disordered mindset or a lack of concern for their own well-being. While this does not necessarily make them a bad person, it may raise questions about their morals and activities.[73]

Patience.   Patience is the ability or willingness to remain calm and composed when faced with delays or challenges.[74] When we can patiently wait without getting agitated, we increase the likelihood of achieving positive outcomes. It involves controlling our emotions and avoiding impulsive reactions in moments of anger or confrontation. Practicing patience means we do not act hastily. For example, when standing in a long line at a grocery store and the person ahead of us is taking their time, a patient individual would not become angry or frustrated. They would understand that everyone operates at a different pace and trust that eventually; they will reach the front of the line.[75]

Kindness. Kindness is demonstrated when we show care and act in ways that bring pleasure or benefit to others. It encompasses being gentle, compassionate, and helpful. There are countless ways to express kindness. We can engage in random acts of kindness, such as paying for the coffee of the person next in line. Volunteering at a local hospital or nursing home is another meaningful way to exhibit kindness. Additionally, being a good listener and offering support to a friend in need are simple yet impactful acts of kindness. Sometimes, kindness can be as effortless as sharing a smile or offering a warm greeting like 'hello, 'thank you, or welcome.' Personally, I demonstrate kindness through my demeanor, polite behavior,[76] and a genuine willingness to help others.

Faithfulness.   Faithfulness encompasses qualities such as reliability, trustworthiness, and unwavering allegiance to someone, something, or an ideal we declare our belief in. We can exhibit faithfulness in our relationships by remaining faithful to our partners, both emotionally and sexually. While faithfulness is often associated with religious faith, it extends beyond mere words. Demonstrating faith in our higher power involves actions like attending religious services, studying sacred texts, and actively participating in religious communities.[77] However, the true manifestation of our faith lies in how we treat others and how we live our lives. It is important for believers to embody benevolence and refrain from causing harm to society.

Open-mindedness.   Open-mindedness is the capacity to consider different perspectives without hastily passing judgment. It entails a willingness to listen to others, empathize with them, and be receptive to learning new things, even if they challenge our comfort zones. When we possess an open mind, we not only hear others but also make an effort to understand their viewpoints, avoiding assumptions. Embracing new knowledge, even if it contradicts our existing beliefs, promotes personal and societal progress.[78] For example, we may embrace the opportunity to try unfamiliar cuisine or immerse ourselves in the customs of a different culture. In the realm of politics, we may hold certain convictions but remain open enough to consider alternative viewpoints.[79]

Fairness.   Fairness entails impartial and equitable treatment, devoid of favoritism or bias.[80] It represents the principle of treating individuals equally and in a manner that is just and reasonable. Fairness encompasses notions of righteousness, social justice, equality, and solidarity within a society.[81] If a person demonstrates that their actions align with their responsibilities, fairness dictates that we refrain from casting blame.[82] Fairness is a concept rooted in natural justice. When fairness is established and trusted in a person, job, or system, it fosters honest exchanges, where giving is reciprocated.[83] Treating everyone with respect and fairness not only benefits us in the long run but also encourages others to treat us in a similar manner.[84] These moral values hold particular significance in professions such as judges, lawyers, and police officers.

Justice. Justice is an ethical and philosophical concept emphasizing the impartial, fair, proper, and reasonable treatment of individuals under the law and by its arbiters. It asserts that laws must ensure the prevention of harm to others, and where harm is alleged, appropriate remedial action must be taken, with both the accuser and the accused receiving consequences commensurate with their actions. Both morality and justice seek to regulate behavior within a community to enable peaceful coexistence, rooted in the belief that individuals should exercise their autonomy and show respect for one another.[85] While justice is prioritized over moral values, morality should never be compromised in the pursuit of justice. Teaching children to abide by the law is morally correct as it upholds justice. Justice is among the most important ethical and moral values in the realms of law and politics. Legal and political systems that maintain law and order are desirable, but they can only succeed if justice is also achieved.[86]So, justice is essential for synthesize our personal and social life. It uplifts the social life and it is necessary for attaining the prime objective of life.[87] Justice not only conserves the peace and happiness but it also creates the peace, happiness and tranquility in our personal and social life.

Equity. Equity should not be confused with equality, as equality implies treating everyone the same, while equity ensures that everyone receives fair treatment and equal opportunities. The decisions made by employers or public relations teams leading projects often reflect equality, but equity is concerned with the impact those decisions have on staff or audiences. Lack of equity is evident in various aspects of our communities and highlights the need for these values. Equity is more than just a trend; it is a fundamental ethical principle that should be embraced. It is an essential moral value for creating a harmonious society.[88] Every society and community aspires to establish morally driven, ethically sound standards that level the playing field and provide equal opportunities for individuals to work, prosper, and thrive personally, socially, and economically. Ensuring equity is vital for the development of a peaceful and prosperous society and for nurturing human resources.[89]

Righteousness. Righteousness is the quality or state of being morally correct and justifiable.[90] It can be seen as synonymous with uprightness and rightness. The concept of righteousness is present in various religious traditions, including Islam, Indian religions, and the traditions associated with Prophet Abraham,[91] as well as in perspectives within Christianity,[92] Islam,[93] Hinduism[94], Buddhism, and Judaism. It implies that a person's actions are justified and can suggest that the person is deemed to lead a life that is pleasing to God. In the New Testament, righteousness is translated from the Greek word and can mean 'being righteous before others' or 'being righteous before God'. The Quran[95] mentions righteousness multiple times, emphasizing that a righteous life is the path to Heaven. According to the Quran, Allah states, 'I will give the home of the Hereafter to those who do not want arrogance or mischief on earth; and the end is best for the righteous.' (Quran 28:83). The Quran defines righteousness as follows: 'Righteousness is not that you turn your faces to the east and the west (in prayer). But righteous is the one who believes in God, the Last Day, the Angels, the Scripture, and the Prophets; who gives his wealth in spite of love for it to kinsfolk, orphans, the poor, the traveler, to those who ask, and to set slaves free. And (righteous are) those who pray, pay alms, honor their agreements, and are patient in times of poverty, ailment, and during conflict. Such are the people of truth. And they are the God-Fearing.' (Quran 2:177).

Belief in the Almighty and Religious Mindedness: Our beliefs are shaped by our observations, experiences, readings, and thoughts. From these sources, we form opinions that we consider true and unchanging at a given time. Changing our belief system requires a shift in our thoughts. Values stem from our beliefs and represent what we consider important in terms of how things should be or how people should behave.[96] Values guide our behavior, communication, and interactions with others. Our attitudes and opinions are shaped by our beliefs and values. Morals tend to carry more social value and acceptance than values, as a person's moral character is often judged more critically than their values. Attitudes are reflected in our behavior.[97] Belief in the Almighty is central to major religions,[98] and a person's moral values are often guided by their belief in a higher power. Spirituality and morality play significant roles in religious theories as they involve feelings, emotions, and a sense of spiritual and moral awareness.[99] The intersection of morality and religion involves the relationship between religious beliefs and moral principles. Many religions have frameworks of values regarding personal conduct that provide guidance to adherents in distinguishing between right and wrong.[100] Our thoughts, words, feelings, and actions connect to the intelligent force of faith, initiating a creative process that can manifest physically unless interrupted by divine intervention or counteracted by new thoughts, words, feelings, and actions. Faith, encompassing envisioning, hoping, declaring, emotionalizing, taking appropriate action, and loving, gives us the confidence to work through the power of the intelligent force. As we do so, we gain increasing power to tackle more challenging obstacles and achieve greater goals.[101] For followers of major religions, morality and religion are inseparable or seen as one and the same. They view morality as an integral part of their religious beliefs or consider their religion to be their moral compass.[102] Therefore, it is important for us to respect each other, recognizing that we share a belief in the same God and that it is a fundamental aspect of our religious beliefs and obligations.

Moral Values and Positive Thinking

Embracing positive thinking contributes to the development of our ethical values and enhances our acceptance in the workplace, community, and society at large. It is crucial to cultivate a positive mindset both in our thoughts and actions. Since our conscious mind can hold only one thought at a time, either positive or negative, intentionally choosing positive thoughts helps maintain an optimistic mindset and fosters positive emotions. As our thoughts and emotions influence our actions, adopting a constructive outlook enables us to progress more effectively toward our chosen goals. A problem is merely a matter we must address. The event itself remains unchanged. It is our interpretation of the event that alters its perception.

Whenever we encounter difficulties, it is essential to reframe them and view them as challenges, motivating us to move forward. Instead of saying, I have a problem; we can say, I have an interesting challenge before me. The word challenge inherently carries a positive connotation, representing an opportunity for personal growth and improvement. Although the situation remains the same, the word we choose to describe it makes a significant difference. The word opportunity[103] holds tremendous power in maintaining a positive

attitude and managing stress effectively. When faced with any difficulty, rather than saying, I have a problem; we can declare, I am presented with an unexpected opportunity.[104] By directing our focus toward uncovering the inherent lessons or opportunities within challenging circumstances, we are bound to discover valuable insights.

To move forward in life, it is essential to keep our thoughts centered on our goals, aspirations, and the person we strive to become. When temporary setbacks occur, we can respond by affirming, 'I believe in the perfect outcome of every situation in my life.' Resolving to maintain a positive attitude, remaining cheerful, and resisting the temptation of negativity and disappointment are vital components of this process. Developing a positive attitude in the workplace begins with how we interact with our colleagues, irrespective of their position in the hierarchy. By celebrating small victories and offering encouragement, we can inject optimism into the work environment, benefiting everyone involved.[105] Cultivating a positive attitude offers numerous advantages in both our personal and professional lives, such as positively influencing others and boosting our confidence in decision-making. The primary benefits of practicing positivity[106] in the workplace include creating a positive work environment, inspiring colleagues and team members to follow suit, and fostering trust among those we closely collaborate with.

By shifting our response to work-related stressors and cultivating a positive mindset, we can enhance our productivity and accomplish tasks more effectively. This shift can alleviate work-related concerns and reduce overall stress levels, ultimately contributing to improved well-being. With a positive outlook, we can approach our work with greater clarity and logical thinking. Emphasizing the positive aspects of our tasks helps us embrace new projects with enthusiasm and eliminate distractions, leading to increased energy and efficiency.[107] In customer service, a positive attitude forms the foundation for providing excellent service. By interacting with customers positively, we create a comfortable environment that encourages their engagement and boosts the likelihood of them making a purchase.

Notably, positive individuals often attract the attention of leaders in various fields such as politics, business, industry, services, and bureaucracy. These leaders prefer to promote employees who can positively influence others. By maintaining a positive attitude, we capture our manager's attention more easily,[108] leading to favorable performance reviews and potential opportunities for promotion or advancement. A positive attitude fosters critical thinking and a focus on finding solutions rather than dwelling on challenges, contributing to the development of ethical values. It enables us to envision favorable outcomes and weigh the benefits of our decisions, fostering a proactive approach. Moreover, our positive attitude can inspire and influence our colleagues to adopt a similar mindset.[109] Through our personal example, they can recognize the benefits of positivity and work towards cultivating it themselves. This creates a culture of continuous improvement, where the team learns from their mistakes more swiftly and implements processes to enhance efficiency.[110] To develop and maintain a positive attitude at work and enhance our ethical values, it is essential to engage in certain practices. Regardless of the industry or company, here are a few ways we can begin adopting and sustaining a positive attitude in the workplace:

➢ Utilize positive language instead of negative language to improve our overall attitude at work. Replace negative words with positive ones in conversations.

➢ Practice empathy by considering the feelings of others at work. Show care for their ideas during meetings and engage in active listening by speaking only when necessary and asking clarifying questions.

➢ Focus on potential solutions rather than making complaints. Offer support and assistance to underperforming colleagues to help them improve. Increase awareness of when and why we complain.

➢ Smile more often to improve our mood and create a comfortable environment for interaction. A smile, whether genuine or not, can positively impact our own well-being and influence the attitudes of those around us.[111]

➢ Perform acts of kindness without expecting anything in return, both at work and in our personal lives.[112] Show our colleagues that we care about their well-being.

➢ Seek interactions with positive-minded individuals who enjoy their work and have valuable ideas to share, avoiding colleagues who engage in gossip or frequent complaints.[113]

➢ Practice gratitude by focusing on the things we are thankful for in both our work and personal spheres. This helps us react more patiently and positively to stressful situations. Consider keeping a daily or weekly gratitude journal.[114]

➢ Establish small habits to remain fresh and stress-free throughout the day, such as morning exercise, staying hydrated, setting daily priorities, deep breathing, active listening, regular stretching, spending time outdoors, expressing appreciation to others, questioning assumptions, limiting phone usage, and keeping smart devices out of the bedroom.[115]

➢ Reward ourselves for achieving goals at work, including both small and larger rewards that contribute to a positive attitude and increased productivity.[116]

➢ Set professional and personal goals to work towards, enabling personal growth, skill development, and the ability to overcome setbacks more effectively.[117]

➢ Prioritize sufficient sleep each night to maintain a good mood and logical thinking. .[118] Aim for seven to nine hours of sleep and engage in activities that promote cognitive sharpness, such as drawing from memory.

➢ Take breaks during the day to reduce stress, negativity, and improve mindset. Engage in short walks or light stretches to rejuvenate and tackle tasks with renewed energy.[119]

➢ Use visual reminders, such as small notes or apps, to stay positive and maintain a better attitude even during stressful events at work.[120]

➢ We may take some time each day to learn something new. This can help us to become more forward-thinking and develop a more positive attitude since we're increasing our understanding. Learning something new can also help us to improve our self-awareness and become more mindful to others. Reading is one of the most effective ways to learn. We may make a point to read every day. It can be for an hour before bed, or just for 10 minutes on our lunch break.[121]

➢ We can often work more productively, avoid stress and improve our attitude by thinking about things before they occur. If we know we have a big project with a deadline that's three months away, we can begin planning for the project early by outlining the various tasks for our team to complete. Foresight is the ability to predict, or the action of predicting, what will happen or what is needed in the future. Studies suggest that much of human daily thought is directed towards potential future events.[122]

➢ Self-reflection involves thinking about our own feelings and behaviors and the reasons for them. Self-reflection is the ability to witness and evaluate our own cognitive, emotional, and behavioral processes. Actually self-reflection is a process of communicating internally with oneself.[123]When we begin feeling negative emotions, self-reflection can help us improve our thought processes and react more positively.[124]

Religion and Ethical Values

Religious moral principles are ethical guidelines that are enshrined in religious texts or codes. Virtually all major religions provide their followers with moral frameworks to follow. Among these moral frameworks, the golden rule—'do unto others as you would have done unto yourself'—is one of the most prevalent and appears in nearly all religions. It urges us to empathize with others and treat them in a manner we would desire if we were in their position.[125] The Abraham religions,[126] namely Christianity, Judaism, and Islam, each have their own moral codes, with the Ten Commandments being a significant component. These commandments, given by the Prophet Moses,[127] were inscribed on stone tablets and hold great significance in the ethics and morals of these religions. The Ten Commandments are:

➢ I am the Lord thy God, thou shalt not have any gods before Me.
➢ Thou shalt not take the name of the Lord thy God in vain.
➢ Remember to keep holy the Sabbath day.
➢ Honor thy father and mother.
➢ Thou shalt not kill.
➢ Thou shalt not commit adultery.
➢ Thou shalt not steal.
➢ Thou shalt not bear false witness against thy neighbor.
➢ Thou shalt not covet thy neighbor's wife.
➢ Thou shalt not covet thy neighbor's goods.

In Islam, morality refers to practical guidelines and specific norms or codes of behavior that promote goodness. These moral principles are primarily based on the Quran and guidance from Hadith. The majority of religions worldwide agree on certain moral values, such as kindness towards others and creation, acts of charity, forgiveness, honesty, patience, justice, respect for parents and elders, keeping promises, controlling anger, love for God and those loved by God, and love for the Prophet Muhammad (PBUH) and fellow believers. The objective of Islamic morality and ethics is to seek the pleasure of God and strive for His approval. Allah has stated that He may punish hypocrites, both men and women, as well as those who associate partners with Him, but He is also forgiving and merciful, accepting repentance from believing men and women (Quran 33:73). Muslims are encouraged to learn what is right, forbidden, and wrong. The Quran, believed by Muslims to be God's revelation to humanity, defines the concept of righteousness. It emphasizes that righteousness does not merely involve turning one's face towards a particular direction but rather entails believing in God, the Last Day, the angels, the Quran, and the prophets. It also involves giving wealth to relatives, orphans, the needy, travelers, and those who ask for help, as well as freeing slaves. Righteousness includes establishing prayer, giving zakah (charity), fulfilling promises, and demonstrating patience in times of poverty, hardship, and during battles. Those who uphold these principles are considered to be true and righteous (Quran 2:177). In the Quran, Allah order humanity as:

- Worship only God, (Quran17:22);
- Be kind, honorable and humble to one's parents, (Quran17:23-24) ;
- Be neither miserly nor wasteful, (Quran17:26-29);
- Do not engage in 'mercy killings' for fear of starvation, (Quran17:31);
- Do not commit adultery, (Quran17:32);
- Do not kill unjustly, (Quran17:33);
- Care for orphaned children, (Quran17:34);
- Keep one's promises, (Quran17:34);
- Be honest and fair in one's interactions, (Quran17:35);
- Do not be arrogant in one's claims or beliefs, (Quran17:36-37).

Turning the other cheek is a saying from the Bible. It means that we do not have to take revenge on people who did the wrong thing by us. In secular talk, we might use the phrase to take the higher ground. This means simply to maintain our own moral standards and don't do immoral things just because other people around us are being immoral.[128] However, Allah said in Quran, "Nor can goodness and evil be equal. Repel evil with what is better: then will he between whom and you was hatred become as it was your friend and intimate.*"* (Q. 41: 34).[129] Allah (SWT) is The Greater Helper to all creation, So, we should help others as much as possible.[130] In the Quran, Allah SWT says: "Help one another in acts of piety and righteousness. And do not assist each other in acts of sinfulness and transgression. And be aware of Allah. Verily, Allah is severe in punishment" (Quran 5:2). The Quran is a book of guidance that appeals to both the mind and heart and lays down a unified ethical system anchored in eternally valid and life-enriching moral principles. A feature of the Quran is the blending of law and morality, as in the message on divorced women: "And so, when we divorce women and they reach the end of their waiting term, then either retain them in a fair manner or let them go in a fair manner. And do not retain them to their hurt or by way of transgression; whoever will do those will indeed wrong him. Do not take the signs of God in jest and remember God's favor upon you."(Quran 2:231).Islam recognizes the liberty of the individual but there are limits to this liberty, as in the prohibition of suicide and abortion. (Quran 33:73).

If we cannot keep a promise, it is usually expected that we tell the person and apologize, and even explain why it is that we will have to go back on the promise we made. In Islam, keeping one's word is just as paramount. In fact, breaking one's promise is considered to be one of the greater sins that a person can commit.[131] Allah SWT said in Quran, "O you who have believed, why do you say what you do not do? It is most hateful in the sight of God that you say what you do not do." (Quran 61:2-3). In most languages, there are words that I considered inappropriate to use in polite conversation. Using those words will make the other people in the conversation see you as being unable to maintain the moral standards set by society.[132]Allah SWT said, "If one amongst the Pagans ask thee for asylum, grant it to him. (Quran, 9:6]"[133] No one should make an oath containing the safety clause, if Allah wills. [134] Everyone's God-given human dignity must be respected, regardless of his or her faith, race, ethnic origin, gender, or social status (ref. Quran, 17:70). Because everyone is created by God Almighty, the Maker of all, humans must treat one another with full honor, respect, and loving-kindness.[135] In our daily life we enter various places. Of course this has to be within the frame of certain manners. The Holy Quran addresses this issue as "O you who believe! Enter not houses other than your own, until you have asked permission and saluted those in them: that is best for you, in order that you may heed (what is seemly)." (Quran 24; 27). According to the Islamic tradition, violation of privacy can occur not only by entering a house without permission but also by unlawfully looking into it. Therefore, when one attempts to ask permission to enter a place, he should stay on the right or left side of the door in accordance with the customs of the Prophet (pbuh).[136]

II.   Conclusion

Human values are virtues or desirable character traits that guide us to consider the human element when interacting with other people. Human values are universal in nature because they are shared by all people regardless of religion, nationality, or cultural background. Human values encourage consideration for one another. By establishing a personal moral code based on our own critical thinking, learning from others, and listening to people we respect and we can ensure that, we are good and ethical people throughout our lives. Major ethical/moral concepts in the Quran, are the belief on single God, righteousness, honesty, integrity, responsibility, sincere intention, kindness, fairness, and the concept of sin and repentance. We need to address the challenges of modern biotechnology, Internet of Things, Artificial Intelligence, environmentalism, and human rights, but for an adequate response to these challenges, we need to go beyond our limitation.[137]The ethical worldview of the Quran will provide us with moral direction towards becoming a middle community, characterized by justice to the self and justice to society. We need to maintain a healthy balance between these

two levels of justice so that the pursuit of individual justice is supportive of social justice, and the pursuit of social justice is supportive of individual justice.

Ethical/moral values in simple words, mean that, principle or code of conducts that govern behaviors. There are five basic elements of morals. They are: ethics, moral values, religion, culture and law. The preservation of human life is the ultimate value, a pillar of ethics and the foundation of all morality. We live in society, which has some rules, principles, moral concept, customs and values. Like society every institutions, nation and country has same rules, principles, morals, and values. Thus, ethical/moral values build credibility, leadership skills, improves decision making, and provides long term gains. ethical/moral values help in satisfying basic human needs. Lack of ethical/moral values in the international relation has been the cause of wars and genocide many times in history like the first and second world wars. Actually, ethical/moral values play an important role in enhancing human capital which in turn is crucial for any business and society. Ethical/morals can give real and practical guidance to an individual. Ethical/moral values like, honesty, integrity, trustworthiness, kindness, fairness, righteousness, and responsibility always help and guide us towards a pathway to deal personal and societal mater more effectively with ethical dilemmas.

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